



# City of Nashua

Division of Public Health and Community Services  
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To Whom It May Concern:

The H1N1 flu virus (Swine Flu) is continuing to spread within the community in NH and the country causing mild illness. The Centers for Disease Control and Prevention (CDC) is asking that we prepare for the summer months by working together to monitor and prevent the spread of the flu at summer camps, schools and gatherings.

Currently, the H1N1 virus seems to behave much like seasonal influenza and is spreading from person to person through coughing and sneezing. Symptoms of the virus include fever, cough, sore throat, headache and body aches.

There are actions you can take to ensure a healthy summer for your students, staff and volunteers. These measures include promoting good hygiene, keeping sick campers and staff away from non-sick campers and staff, providing educational materials and cleaning commonly touched surfaces and items. Please note that testing for H1N1 has been reduced dramatically in the State of NH and throughout the country. Emphasis is being placed on prevention measures and keeping sick individuals at home or isolated rather than tested.

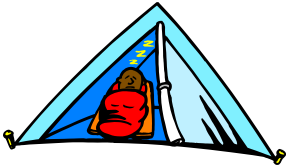
We have provided with this letter a "Top 10 Tips" for summer camps, which can also be adapted for use with summer schools. We would like to offer our assistance during the summer months by reviewing or creating policies and plans or answering questions regarding the flu and pandemic planning. There is also a tool that was developed to promote good hygiene in young children called "Henry the Hand". Information can be found on [www.henrythehand.com](http://www.henrythehand.com) and may be of interest to some of your teachers. This would be a great program to implement during the start of seasonal flu in the fall!

For more information and guidance on the H1N1 virus, call the Division of Public Health & Community Services, visit the CDC website at [www.cdc.gov](http://www.cdc.gov) or go to the NH Department of Health & Human Services website at [www.dhhs.state.nh.us](http://www.dhhs.state.nh.us).

Sincerely,

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## TOP 10 TIPS FOR DAY AND RESIDENTIAL CAMPS IN RESPONSE TO H1N1 (SWINE FLU)



1. Develop a working relationship with the local or state public health departments and local health officers. Review or create policies and plans regarding sick campers and staff.
2. Consider pre-planning with parents/guardians regarding how illnesses or health emergencies among kids will be handled.
3. Develop a training program for staff regarding the prevention and spread of the flu and how to recognize the signs and symptoms of the flu.
4. Provide educational materials for parents/guardians on the flu.
5. Encourage good hygiene among campers and staff including hand washing, not sharing drinks and eating utensils and covering your cough or sneeze.
6. Cleaning commonly touched surfaces and items (e.g. doorknobs, faucets, etc).
7. Consider screening all newly arriving campers, staff and volunteers by asking if they have any flu-like symptoms.
8. Set protocols for evaluating a sick person with flu-like symptoms. Not all patients need to be seen by a physician unless they are at high risk for complications (e.g. asthma, diabetes, heart problems) or are seriously ill.
9. Persons who have or have had flu-like symptoms (fever greater than 100°F or above, with a cough or sore throat) should remain at home for at least 7 days after the start of symptoms or 24 hours after symptoms go away, whichever is longer.
10. If a camper, staff or volunteer develops flu-like symptoms they should be separated and kept away from healthy campers.